



Healing at hand



BOWTECH[®]
The Original Bowen Technique

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Greetings everyone,

My name is Ayesha. November is my birthday month and I am turning 12. Since I like writing, my mom let me do this issue's editorial because I would like to pursue a career in journalism.

Life always seems crammed with work and solving problems - however, life also has a lot of good things to counter the negative. I remember one day I was out in the yard and saw this dandelion - one, single dandelion standing there all alone. I looked at it and it made me smile. It's remarkable what response one small thing can bring out in a person. These little things are known as small mercies. They may come in the form of a bright sunny day after days of cold and rain. It may even be a slice of delicious chocolate cake when needing a break. Or perhaps, a stranger passing by and smiling at you, or just the sight of a dandelion with its feather-light seeds ready to take flight, and waiting for the slightest puff of air to come its way!

Naturally, one must experience a balance of the opposites. And when it feels like nothing's going right - look for that dandelion! That small mercy is waiting out there!

As someone once said: "Another day, another difficulty? No. Another day, another opportunity!"

Have a fabulous day, **Ayesha**

HAZARDOUS HANDBAGS

An oversized handbag is great for carrying a spare pair of heels or your gym-wear, but ladies, your heavy handbag is a health hazard. Large bags could be a pain in the neck, back and shoulders, say experts.

And an aggravated neck or shoulders can lead to upper back problems. Doctors recommend maintaining a good posture while carrying bulky bags, keeping the head and shoulders aligned, frequently changing the size and weight of the bag, and alternating between shoulders.

Chinadaily.com.cn



CARROTS - Can they really improve your eyesight?



Carrots contain high amounts of beta carotene which plays an integral part in the seeing process. Carrots will not change or improve your eye's refractive error, but because carrots contain beta carotene they have beneficial antioxidant properties. When used together with other nutritional supplements, carrots can reduce the risk of some age-related diseases like macular degeneration in the eye.

Benefits Magazine

COMIC RELIEF ...

A haunted house on the outskirts of the town was avoided by all the townsfolk, as they were terrified of the ghost. However, a brave journalist decided to get the scoop of the year by photographing the fearsome phantom. When he entered the house, armed with only his camera, the ghost descended upon him, moaning and clanking his chains.

"I mean you no harm," said the reporter; "I just want to take your photograph". The ghost seemed quite happy at this chance to make the headlines and posed for a number of ghostly shots. The happy journalist rushed back to his dark room, and began developing the photos. Unfortunately, they all turned out to be black and underexposed. Not a single one came out. ... it's the old, old story: THE SPIRIT WAS WILLING, BUT THE FLASH WAS WEAK !!!



"Those who own much, have much to fear".
Rabindranath Tagore



WHO CARES WHAT OTHER PEOPLE THINK?

If we're honest, most of us do. But do you care too much? And do you seek approval from the wrong people? If your life is ruled by the opinions of others, its time to see yourself in a new light, says Nick Baylis.

A New Outlook

In order to put the opinions of others into perspective, we must recognize the intrinsic value of fostering our own happiness. This is the source of productivity, physical health, open-mindedness and goodwill of we appreciate this fact, that happiness can be not only a product of positive actions but also their initiator, we can appreciate that our lasting happiness is not to be sacrificed for someone else's selfish, aggressive or misguided demands or opinions. If we wish to be a force for good, we must be good to ourselves first of all.

The founder of person-centered psychology, Carl Rogers, observed, "The curious paradox is that when I accept myself just as I am, then I can change." Once you are sure you're worth it, and have decided that your own happiness will pave the way to having a healthier regard for other people's opinions, you will be ready to change.

Use these Techniques to Reprogramme your Reactions

- ▶ When we look for them our life can seem littered with negative attitudes towards us, whether it be the snooty stare or the officious rejection. Sort between motivating advice and unhelpful criticism. Try to listen only to what's helpful.
- ▶ If you feel overwhelmed by someone's negative opinion of you, think of three positive thoughts that other person could be having about you. Imagine them telling you in an encouraging and cheerful fashion.
- ▶ Clinical psychologist, Fara McAfee, suggests we use our body to lead our brain. 'When a negative comment comes into your mind, sit or stand the way you would if you were feeling proud and confident.'
- ▶ If you can't imagine someone's affirming opinion of you, 'focus on the positives of the here and now - the warmth of the room the view through the window,' advises clinical psychologist Dr Helen Rodwell. 'It is very empowering when we realize we have a choice of where to invest our thoughts.'
- ▶ Dr Rodwell also suggests making the criticism comically ridiculous: Give the negative thoughts a squeaky voice, thus distancing yourself from their harmful impact.

There are two kinds of people in the world: Those who walk into a room and say, "There you are"; and those who say, "Here I am".

Abigail Van Buren

Survive a Bee Attack



What do you do when a swarm of bees is heading your way?

Memorise these tips - you never know when you might need it.

- **Get out of the way** - even if the swarm is coming in your direction, it doesn't always mean they're after you;
- **Get under cover fast** - indoors is best, but it could also help to get into a car or a tent, or cover yourself with a blanket or clothing;
- When running away from a swarm, try to **run in a straight line**, and keep your face as well covered as possible;
- **Don't get into water** - the bees know you're there, and can wait for you at the surface longer than you can hold your breath;
- **Don't hit out at the bees** or attempt to 'shoo' them away - this could encourage them to sting in self-defence.

[Read more: Insect bites and stings](#)

www.health24.com



Open Up



*If you feel like you are constantly running into a brick wall
it may be time to become more open-minded.*

Open-minded people are better able to predict how others will behave, and are less prone to project their own insecurities, fears and attitudes onto other people. Your relationships may improve dramatically once you become more willing to start considering new ideas. Says Amy Swisher, international organisational consultant: "By keeping an open mind for somebody else's ideas, you help stimulate creative, positive energy and are less likely to stir a defensive response."

No more burnt fingers

Open-minded people usually consider a few different angles instead of quickly jumping to (often wrong) conclusions. And once you've thought something through from more than one angle, you won't be as easily manipulated or bullied into a decision that is wrong for you.

You'll spot more opportunities

"Don't ask why. Rather say why not, and be courageous enough to find the possibilities and opportunities in the suggestions of others," says Raché Rutherford, South African author and expert on creative thinking.

The sky will be the limit

What does an entrepreneur selling fruit on the corner have in common with top international businessman Mark Shuttleworth? Open-mindedness, of course. "Ideas are the lifeblood of forward momentum as long as they are given room to grow," says Amy Swisher. Psychologists agree that those among us with open minds score better on tests of general cognitive ability, and are therefore in a better position to identify different possibilities and opportunities.

Open-minded people as a rule have a better general knowledge because they don't mind learning new things. There are more things that interest them, and they have a more flexible approach to life. They seldom stagnate in a relationship or career that isn't working.

You'll be less anxious

On a personal level open-minded people are generally more optimistic and less prone to depression. A small change of plan doesn't amount to an insurmountable crisis, so they are less anxious than their narrow-minded friends.

You won't be a dead fish

"Only a dead fish goes with the flow," says Dr Kanes Rajah, UK entrepreneur and executive creativity coach. "Be special, and increase your chances at success by recalling the five p's in everything you do: have a sense of purpose, retain positivity by looking for the good, be persistent, and act with passion otherwise it's not worth doing, and remember to have a sense of playfulness."

You'll be more tolerant

Open-mindedness always leads to greater tolerance. It helps us not to give in to preconceptions and bias that can prevent us from finding real truths and making new friends. Says author Chuck Gallozzi: "Open-mindedness, or tolerance, broadens our vision, gives us clarity of perspective, and heightens our understanding and appreciation of others."

You'll be on your joyful toes

An open mind will keep you on your toes with a desire to learn more and enjoy more of what life has to offer. It will also change your attitude towards life's problems. Says Kevin Kraus, an American professor of philosophy and a creativity expert, "The fundamental question we all ask sooner or later - and then again and again - is 'what is the meaning of life?'. Then we eventually learn that life itself gives us meaning. Life is a mystery that we live, not a problem to be solved."



**The best among people are those who benefit mankind.
Prophet Muhammad**

**Lokah samastha sukhino bhavanthu
May this world be established with a sense of
well-being and happiness.**



Colour your life healthy

**Ever wonder why you gravitate towards a certain colour?
Find out how to bring colour therapy into your everyday life.**

'Colour therapy encourages the flow of energy to help our bodies function and heal optimally', says colour therapist Gayle Friedman. Used by ancient cultures like the Egyptians, this form of therapy is the most obvious and natural way to enhance your life and promote healing. 'From light, comes colour, and each colour vibrates at a different frequency, which is how they help to restore balance to our bodies', says Friedman.

Colour in nature begins with the reds and oranges of the earth, moving to the yellow of the sun, the green of the trees and the blue of the sky. In the same way, colour in the body moves from the red of our base chakra to the violet of our crown chakra. 'So it's clear that the internal body is connected to the external environment', says Friedman. With this in mind, we can draw on our environment to practice colour therapy. 'For example, green is a balancing colour and by surrounding ourselves with nature we create a feeling of well-being.'

It's simple to add colour to your home with paint and accessories, 'but I recommend you do a bit of research into what the different colours mean', says Friedman. Yellow is a very stimulating colour, so it's not a good idea to paint a child's bedroom this colour as they may struggle to sleep.'

It's also easy to add colour to your wardrobe. For example, wear red to feel grounded and strong, or pink – as an instant mood lifter. When we enter the colder winter months, many of us start to feel a bit down. 'My advice is to wear warm, uplifting colours like yellow and orange – even if it's just a pendant around your neck', says Friedman.

Clicks Clubcard, Issue 3

DÉCOR COLOUR CODES



Choosing the colour co-ordination to your home can create the desired ambience in each room, which in turn, can influence the overall mood of the family and can nurture peace-filled relationships.

WHITE may be bold and expressive or cold and isolating – so use it judiciously. On the plus side, it's easy to paint over it. Using a single colour scheme throughout the home may create a monotonous mood.

ORANGE and terracotta tend to enhance conversation and digestion, and are best suited to living and dining areas. It's a happy colour.

YELLOW can cause friction, so use it sparingly and always in combination with colours such as blue or lilac. It does look fabulous in candlelight.

PINKS promote a loving, joy-filled atmosphere, and are ideal for family rooms, bedrooms and entertainment areas.

VIOLET and purple are often used by elderly people because they attract spirituality, creativity and dignity. The royal colours suggest self-respect.

GREEN defuses stress, and is particularly effective in bedrooms when used with other heart-warming colours such as peach and lilac.

RED exudes energy, and if used in excess, makes relaxation difficult – therefore making it a no-no for bedrooms.

BLUES inspire tranquility, creating a peaceful ambience for living areas and bedrooms.

MAGENTA conquers inhibitions and constraints, so use it in entertainment, living and recreation areas.

IN LIVING COLOUR

The key to what some colours mean:

BLUE: Soothes – brings a sense of peace, eases anxiety and stress; honesty; communication; affection.

WHITE: Purifies and Cleanses – has all the colours of the spectrum so if you are unsure what colour you need, white is a good option as your body will absorb the colour it needs.

GREEN: Balances – healing; growth; abundance; endurance; perseverance.

ORANGE: Creativity - high aspiration; restrained; direct; high minded; the urge to achieve results.

YELLOW: Boosts – stimulates the mind (for example, good for studying), gives warmth and power, and alleviates sadness

GOLD: Energy transformation - spiritual knowledge; mental strength; openness.

RED: Stimulates – good for fear, lethargy, depression, and circulatory problems; assertion; vitality

VIOLET: Illumination and rebirth - wisdom; compassion; universal love; service to others; receptive.

BROWN: Grounding - earthiness; comfort; trusting.

PMS? No problem!



Premenstrual syndrome (PMS) is the name of a group of not-so-pleasant symptoms that begin a few days before your period. Fortunately, they usually stop soon after you begin to menstruate. PMS symptoms can include acne, back pain, a bloated stomach, food cravings, constipation, depression, weepiness, anxiety, fatigue, headache, hot flushes, mood swings, painful breasts, difficulty concentrating, insomnia, swollen hands or feet, and weight gain.

What can I do?

- * **Help reduce fluid retention by cutting back on your salt intake** for the last few days just before you're about to get your period.
- * If you **cut back on caffeine** just before and while you've got your period, you're likely to feel less grumpy. It'll also help reduce breast pain.
- * **Stop drinking alcohol before your period.** If you don't, it could end up making you feel more depressed than usual.
- * To boost your overall mood and lower stress levels, **get eight hours of sleep, try eating up to six small meals a day** as opposed to three big ones, and **get at least 30 minutes of aerobic exercise** four times a week.

But what about the cramps?

Perhaps one of the most common menstrual problems is **period pain** itself. If you're prone to cramps, chances are you've been popping a painkiller of choice for a while now.

As far as **supplements** go, taking 100mg of **Vitamin B1** and 1200mg of **Calcium** daily may also assist in easing your cramps.

TISSUE SALTS: **No. 8 - Mag phos**, taken frequently, is excellent for relief of menstrual pain, as well as tension headaches, or any other sharp shooting pains and spasms elsewhere in the body.

GET TO KNOW YOUR THYROID

Have you inexplicably gained or lost a lot of weight? Then its time to have your thyroid checked. The thyroid gland is located on the windpipe and it secretes two important hormones, thyroxin and triiodothyronine, which regulate the body's metabolism. A lack of thyroxin slows the metabolic rate by half, casing you to gain weight. On the other hand, too much thyroxin doubles metabolic activity and results in significant weight-loss. The thyroid also determines a person's energy levels. If you are showing signs of a possible disorder, a visit to your GP for a quick test will set your mind at ease.

Prof Yoga Coopoo, Biokineticist

Thyroid gland

Thyroid gland endocrine gland, situated in the neck, secretes hormones necessary for growth and proper metabolism. It consists of two lobes connected by a narrow segment called the isthmus. The lobes lie on either side of the trachea, the isthmus in front of it. Thyroid tissue is composed of millions of tiny saclike follicles, which store thyroid hormone in the form of thyroglobulin, a glycoprotein. Blood capillaries attached to the gland yield a constant supply of plasma.

The protein thyroglobulin is the chief component of the jellylike substance, called colloid, that is secreted by the follicles. It attaches to the thyroid hormone for storage purposes; when the hormone is ready to be released, the protein detaches itself. Before it is released into the bloodstream, the thyroid hormone is converted into thyroxine and small quantities of the other closely related thyroid hormones. The amount of thyroxine production (and therefore the metabolic rate) is dependent on a sufficient intake of iodine and on stimulation by thyroid-stimulating hormone (TSH) from the pituitary gland. Metabolic disorders result when the thyroid secretes too little or too much thyroxine.

Deficiencies in thyroid secretion (hypothyroidism) occur when there is insufficient iodine in the diet. A disease known as goiter results from the deficiency, although it has been virtually eliminated by the use of iodized salt. Hypothyroidism that results from glandular malfunction is known as myxedema in the adult and cretinism in infancy and childhood. Treatment is by administration of thyroxine.

Excessive secretion of thyroxine, or hyperthyroidism, causes an increased metabolic rate, loss of weight despite good appetite, protrusion of the eyeballs, rapid pulse, and irritability. The condition, also known as Graves' disease, may be accompanied by enlargement of the thyroid. The thyroid gland also produces the hormone calcitonin, which is involved in eyeballs, rapid pulse, and irritability. The condition, also known as Graves' disease, may be accompanied by enlargement of the thyroid. The thyroid gland also produces the hormone calcitonin, which is involved in the regulation of serum calcium in the body.

<http://www.encyclopedia.com/doc/1E1-thyroidg.html>

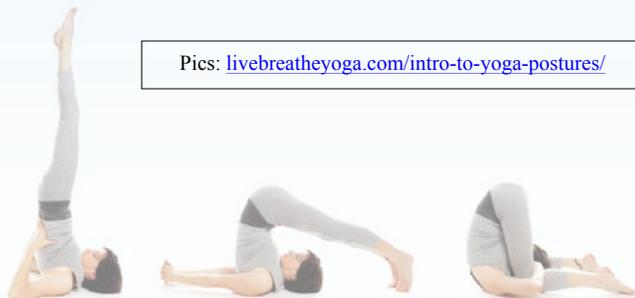
Practicing Hatha yoga produces a beneficial effect on balancing the Endocrine System and therefore assists to normalize the workings of the thyroid gland.

Postures particularly beneficial for the thyroid, include: The Shoulder stand, Plough, Spider, Little Bridge, Fish, Lion, etc.



Thyroid gland

Pics: livebreatheyoga.com/intro-to-yoga-postures/



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*Every body is better
with Bowen*

Re-use
Reduce
Recycle



Time to Contemplate...

In war, there are no winners. In love, there are no losers. We all understand this, yet we all conveniently (or rather, inconveniently) forget it. We convince ourselves that if we fight with all our might for a cause that we believe to be right, we will emerge victorious and vindicated rather than scarred forever by our losses. And, because we mistake love for ownership, we associate it with pain. But a genuinely generous and giving heart can never be broken.

Jonathan Cainer

Next workshops being held on: Saturday & Sunday,
28 & 29 November; 12th & 13th December 2009



Unleash your Sixth Sense

Learn to develop Your Intuitive Self

facilitated by Ren Redgrave

An interactive spiritual and psychic development workshop where you will be given the tools and fun exercises to help you develop your psychic abilities and increase your sensitivity to receive and trust your intuitive guidance...

- * psychic techniques explained * connect with your intuitive self * discover whether you are clairaudient, clairvoyant or clairsentient
- * build a symbolic dictionary * awareness of your physical body * activate your chakras * expand your awareness at will * sensing energy * expand your aura * cleansing & protection
- * using your third eye * meditation * psychic ethics
- * various scrying techniques * psychometry ... and lots of fun!

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throughout the year.

ENQUIRIES
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082 750 3845

For more information or the next dates, please call or email ren.redgrave@gmail.com

BOWEN THERAPY for FROZEN SHOULDER

I have had great success with my Yoga teacher's frozen shoulder - she was very happy to go back to her Chiropractor and inform him that his "it will take 2 years to get better" diagnosis was incorrect. It took 2 months of Bowen! We now trade treatments - I do maintenance Bowen on her almost weekly and she practices Reiki on me in return!

BOWEN THERAPY for REPETITIVE STRAIN INJURY (RSI)

A client at my Training Centre is a baker - the most wonderful homemade and healthy breads, rusks, muffins Her back, neck and shoulder were killing her and regular sessions at the physiotherapist, followed by regular massage sessions, were not providing her with long term relief. Eventually, she developed Carpal Tunnel as well with a large ganglion on her inner right wrist - she could no longer even do her push ups - not to mention her baking! Six treatments later concentrating on the Frozen Shoulder, Elbow and Carpal Procedures interspersed with Pelvic and Knee procedures, and she is back at the gym and baking me bread!

Submitted by Claire van Aardt - for Bowen SA news, June 2005

Chamomile tea eases muscle spasms in your gastrointestinal tract and can also decrease your body's production of the digestive enzyme, pepsin.

Source: All4women

TEST YOUR KNOWLEDGE

1. In which European city is Romansh one of the four official languages?
2. Who wrote "Story of an African Farm"?
3. What do you collect if you are a "philatelist"?
4. Which early king of Israel was credited with great wisdom?
5. Which constellation appears on the flags of Australia and New Zealand?

1. Switzerland 2. Olive Schreiner
3. Postage Stamps 4. Solomon
5. The Southern Cross